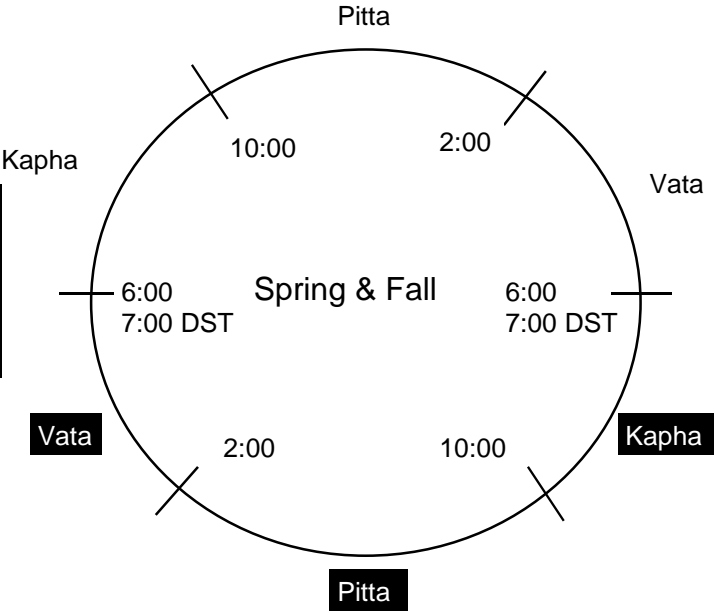


**Seasonal Rhythms
Change the Daily
Rhythms**

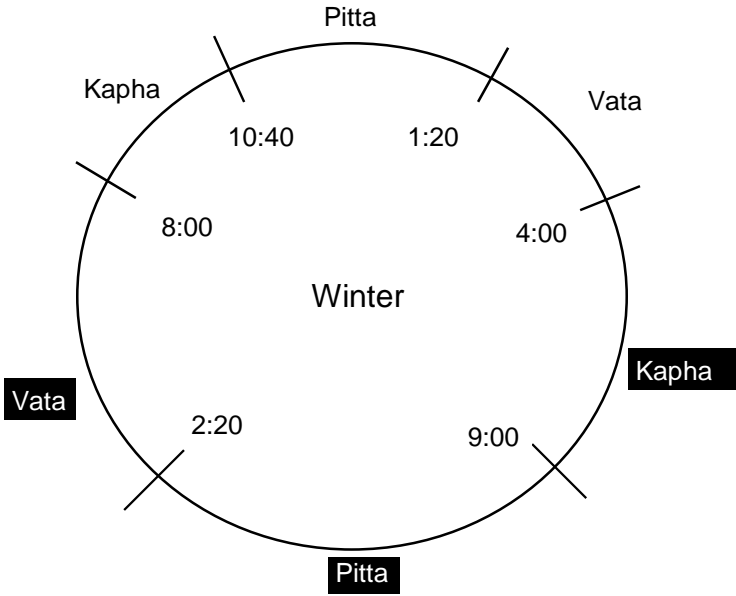


Daylight Cycles

Kapha Time: best time to exercise; not to sleep

Pitta Time: Time to eat your largest meal of the day worst time of day to exercise, exercise during these times moves Pitta into the blood

Vata Time: Time for mental activity, physical strength decreases. Exercise here increases Vata



Night Time Cycles

Kapha Time: A restful time to gear down for sleep. 6-7 PM second best time to exercise.

Pitta Time: Time for sleep; internal cleansing cycle

Vata Time: Time to wake up, with the sun and birds. Sleep into Kapha time causes sluggishness.

